

## Sierra Beef or Chicken or Turkey10

Number of Servings: 10 (260.06 g per serving)

Amount	Measure	Ingredient
26 1/2	oz	Turkey, ground, 7% fat, raw
2 1/2	cup	Celery, fresh, diced
2 1/8	cup	Soup, cream of mushroom, rduced sod, cond, cnd
2 1/8	cup	Water, tap, municipal
3 1/4	cup	Rice, white, long grain, enrich, inst
1 3/4	tsp	Herb, parsley, dried
13.00	Tbs	Sour Cream, light

### Nutrients per serving

## Nutrition Facts

Serving Size (260g)  
Servings Per Container

Amount Per Serving

**Calories 290**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**    **12%**

**Saturated Fat 3g**    **15%**

**Trans Fat 0g**

**Cholesterol 50mg**    **17%**

**Sodium 300mg**    **13%**

**Total Carbohydrate 36g**    **12%**

**Dietary Fiber 1g**    **4%**

**Sugars 2g**

**Protein 19g**

**Vitamin A 4%**    • **Vitamin C 2%**

**Calcium 4%**    • **Iron 20%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Instructions

Saute meat (can use ground turkey, beef or chicken) and celery in sprayed pan for 8-10 minutes. Stir in soup and water. Add rice and parsley flakes. Mix well to combine. Lower heat, cover and simmer for 6-8 minutes or until rice is tender, stirring occasionally. Stir in sour cream. Continue simmering for 2-3 minutes, stirring occasionally. Serve 1 cup per serving (8 oz).

1 serving = 8 oz = 2 carb servings

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

#### Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.